

Coconut Water

拍數: 48 牆數: 4 級數: Low Intermediate
編舞者: Sharon Knapik (USA) & Maria Manse (SWE) - October 2024
音樂: Coconut Water - We Are Gold & Tomi Saario



**2 restarts

On wall 4 restart after 16 facing 3 o'clock

On wall 6 restart after 32 facing 3 o'clock

Wall 8 is the last wall and you end the dance facing 12 after 16 counts

(1-8) SIDE MAMBO R, SIDE MAMBO L, SIDE ROCK CROSS 1/4, SIDE ROCK CROSS

1&2 Side mambo right foot
3&4 Side mambo left foot, put L forward
5&6 Right side rock cross 1/4 over left shoulder
7&8 Left side rock cross

(9-16) WALK R, L, ANCHOR STEP, TURN 1/2, TURN 1/4, BEHIND SIDE CROSS

1,2 walk right and left
3&4 anchor step R foot
5,6 turn 1/2 and 1/4
7&8 left behind side, cross left over right

Restart here on wall 4

(17-24) ROCK RECOVER, BEHIND SIDE CROSS, TURN 1/4, PIVOT 1/2, SHUFFLE FORWARD

1,2 rock recover on right foot
3&4 right behind left, side cross right over left
5,6 turn 1/4 left foot, walk forward on right and pivot 1/2
7, 8&1 step left, shuffle right

(25-32) FULL TURN R, FULL TURN L, ROCK RECOVER

2,3,4 full turn right
5,6,7 full turn left
8 rock back on left

Restart here on wall 6

(33-40) PONY BACK R, PONY BACK L, R SAILOR 1/4, L FORWARD PIVOT 1/2

1&2 pony back with right foot
3&4 pony back with left foot
5&6 sailor 1/4 with right foot
7,8 pivot 1/2 with left foot

(41-48) SHUFFLE 1/2, COASTER STEP, 1/1 TURN 1/4, R TAP BEHIND L

1&2 shuffle 1/2 on left foot
3&4 right coaster step
5,6 full turn to the right
7,8 1/4 turn, land on left and tap right behind left

Last Update: 4 Nov 2024